TO DOWNTOWN TO CAPITOL HILL TO UNIV. DISTRICT / LOYAL HEIGHTS REZ S BRADFORD ST LAKE S ANDOVER ST **TO DOWNTOWN** WASHINGTON S DAKOTA ST S DAKOTA ST S DAKOTA ST S ADAMS ST S GENESEE S LAKEWOOD BOAT MOORAGE S OREGON ST S OREGON ST S SNOQUALMIE S ALASKA ST S ALASKA ST ANGELINE ST EDMUNDS ST S FERDINAND ST **HUDSON ST** S DAWSON S S DAWSON S S BRANDON ST S BRANDON ST S LUCILE ST S FINDLAY ST ORCAS ST TO SEWARD MEAD ST PARK uneau st **③ RAINIER BEACH** Printed on Recylced Paper PROGRAM HOTLINE 206-296-3455

WHILE YOU'RE OUT AND ABOUT, VISIT OUR SPONSORS: 1 Advance Printing Co OC-1

1 Advance Printing Co. 6 Columbia City

- 2 Salon Adidez
- 3 Shola Grocery
- Columbia City Farmers' Market
- **6** Mustard Seed Craft Market
- Cinema
- Sweet Pea's
- **8** El Sombrero Family Mexican Restaurant
- The Wellington

- **P** Ebenezer Beauty Boutique
- **BAOL** International **Lotus** Yoga Ethnic Gifts
- Banadir Restaurant Jones Clavier
- Matthiesen's Flowers & Both Ways Cafe
- **1** PCC Natural Markets

- 20 Tutta Bella
- Academy of Music

YOU ARE HERE



5 MINUTE WALK

10 MINUTE WALK

3 MINUTE BIKE RIDE

BUS BIKE WALK MAP



WWW.METROKC.GOV/INMOTION **PROGRAM HOTLINE 206-296-3455**

COLUMBIA CITY BUS BIKE WALK MAP WHETHER YOU'RE WALKING, BIKING OR BUSING - BE SAFE!

IF YOU'RE WALKING...

- When crossing roads, remember to Look, Listen and Think.
- Where possible, cross at pedestrian crossings or at locations where you have a clear view of all traffic and where drivers can see you.
- BE SEEN! Wear light color clothing, and use a reflective aid at night.
- Walking with someone is safer than walking on your own. Encourage family, friends or a neighbor to join you.

IF YOU'RE BICYCLING...

- Always leave yourself an out. If you can swerve into a driveway or you've left plenty of room to brake, you'll drastically reduce the chances of an accident.
 - Be non-confrontational. Don't let someone else's stress rub off on you.
 - Remember to signal early. If you intend to turn at an intersection, especially if you're moving into the left-turn lane, signal early. And, don't move left until it's safe to do so.
 - Don't get doored! Whenever you're riding by parked cars, remain alert for driviers exiting their cars.
- Always expect the worst and ride accordingly. If you can adopt this attitude at all times, you'll be safest in traffic and elsewhere.

WWW.METROKC.GOV/INMOTION

Thanks to the Coyote Junior High student artists and the kids from Bike Works who helped create this map. And special thanks to our generous Walking the Talk sponsors who have donated gifts for our weekly program drawings. See www.metrokc.gov/inmotion for details.

Rider Information 206-553-3000 TTY 206-684-1739



Trip planning & Metro Online http://transit.metrokc.gov This information is available in accessible formats on request by calling 206-684-2046 (voice) or 206-684-2029 (TTY).

- Never attempt to board or exit a moving bus.
 Don't cross in front of or behind a bus
- at a bus stop.
- Stay clear of the doors.
- Keep your head, arms and objects inside bus windows.
- Hold onto the railing when exiting the bus. Bus steps and sidewalks can become slippery from rain.
- As you leave the bus, watch for cars.



Bus	Approximate Frequency							
Route	Traveling To	Peak	Midday	Eve.	Sunday			
7	Downtown, U. Dist. & Rainier Beach	10 minutes	10 minutes	30 minutes	15 minutes			
9	First Hill & U. District	30 minutes	30 minutes					
34*	Seward Park & Downtown	30 minutes	_					
39	Seward Park & Downtown	30 minutes	30 minutes	2 trips	60 minutes			
42	Rainier View & Downtown	30 minutes	30 minutes	30 minutes	30 minutes			
48	Rainier Bch/Col. City & U. Dist, Loyal Hts	10 minutes	15 minutes	**30 minutes	**30 minutes			
:	* Formarly #30 Evaroce							

Formerly #39 Express

Note: Bus Routes & Frequencies as of 9/25/04 ** Transfer from #7 or #42 Required

The Columbia City neighborhood has frequent transit service to many Seattle destinations. Connections are easily made to routes that serve other parts of the city and suburban locations. Be sure to check a route map and schedule to find out about local transit stops and bus arrival/departure times.





BUS, BIKE & WALK around BALLARD!





GETTING THERE BY BUS IS EASY & FUN!

BUS FREQUENCY CHART

Approximate frequency (minutes between buses)

		*	- 11	1 7 '		,				
	BUS ROUTES	TRAVELING TO	PEAK	MIDDAY/SAT	EVE	SUNDAY				
	15	Downtown Seattle, Blue Ridge	5 - 20	20	30	30	Ballard has frequent			
	17	Downtown Seattle, Loyal Heights	10 - 20	30	30	30	transit service to many Seattle destinations. Connections are eas			
	18	Downtown Seattle, North Beach	5 - 20	20	30	30	made to routes that serve other par of the city and suburban locations.			
	28	Downtown Seattle, Broadview	10 - 20	30	30	30	Be sure to check a route map ar schedule to find out about loca			
	31*	Magnolia, Fremont, U District	30	30			transit stops and bus arrival/departure times.			
	44	Government Locks, U District	10 - 15	15	15 - 30	15				
cycled paper	46	Shilshole, U District	30**				mation!			
Printed on Recycled paper	75	Northgate, Lake City	30	30	60	60	aing inform			
	*temporary roo Check Metr Thanks to the helped plot th Go to: h	ro Online for current sc e Ballard High School stude the bike and walk distances http://transit.m	hedules & rout on the map!	pm peak only se information. v or call 20	6-553-	3000 for	trip planning information! GROUNDSWELL NORTHWEIT Ballard Ballard CROWNESWELL NORTHWEIT CROWNESWE			
	METRO									

Ballard has frequent transit service to many Seattle destinations. Connections are easily made to routes that serve other parts of the city and suburban locations. Be sure to check a route map and schedule to find out about local transit stops and bus

King County **METRO**









Remember - whether you're walking, biking or busing - be safe!

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